

The Benefits of Quitting

Need Help to Quit?

Improve Your Health over Time!

AFTER... YOU GET THESE RESULTS:	
20 MINUTES	Blood pressure and pulse rate drop to normal and circulation increases to your hands and feet.
1 DAY	Your chance for a heart attack has already gone down.
2 DAYS	Your ability to smell and taste has improved and walking becomes easier.
1 YEAR	Your risk of coronary heart disease is cut in half.
5 YEARS	Your risk of cancer of the mouth, throat and esophagus is cut in half.

Save Money and Your Life!

QUIT...	YOU COULD SAVE AS MUCH AS...
1 MONTH	\$138
1 YEAR	\$1,660
10 YEARS	\$16,596
25 YEARS	\$41,492
BY NOT BUYING CIGARETTES!	

Figures based on one pack per day at \$4.61 per pack.

Visit:

www.trytostop.org

or

Call:

1-800-TRY-TO-STOP

(1-800-879-8678)

In Spanish: ¡Ya No Fumo!

(401) 728-5920

Via TTY:

1-800-TDD-1477

(1-800-833-1477)

HEALTH.ri.gov
Rhode Island Department of Health



"Safe and Healthy Lives in
Safe and Healthy Communities"

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Director, RI Department of Health

Diabetes Prevention & Control Program
Diabetes Professional Advisory Council's
Public Education Committee
Tobacco Control Program
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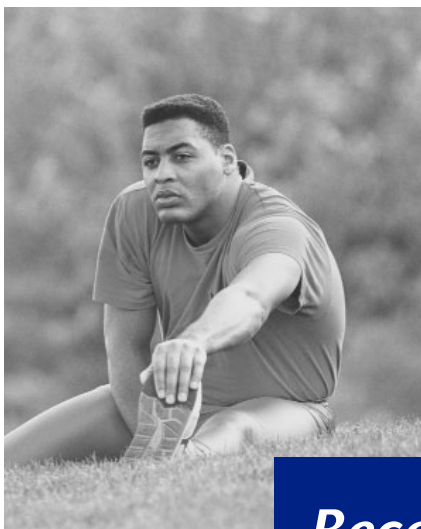
Diabetes & Smoking

Why take the risk?



Diabetes & Smoking . . . A risky combination!

- People with diabetes are three times as likely to die of cardiovascular diseases. Smoking and diabetes together make you 11 times more likely to die of a heart attack or stroke.
- Smoking raises your blood sugar levels AND cuts your body's ability to use insulin, making it hard to control your diabetes. Smoking ONE cigarette reduces the body's ability to use insulin by 15%.
- Smoking increases your cholesterol levels and the levels of other fats in your blood. This increases your risk of having a heart attack.
- Smoking cuts the amount of oxygen reaching tissues. This can lead to a heart attack or stroke. Pregnant women who smoke are more likely to have a miscarriage or stillbirth.
- People with diabetes who smoke are twice as likely to have circulation and wound healing problems. These can lead to leg and foot infections, sometimes requiring amputation.



MYTHS & TRUTHS ABOUT DIABETES & SMOKING

MYTH: Diabetes is already going to 'get me', so it doesn't matter if I smoke.

TRUTH: Most people who control their diabetes can prevent or delay complications for many, many years. Smoking wipes out all of your hard work to keep complications away. It is smoking that will 'get you' in the end.

MYTH: Smoking makes me feel better. There are so many things about diabetes that make me feel bad (e.g., injections, fingersticks, high and low blood sugars)

TRUTH: Smoking – like any drug – gives you that good feeling for a short time. Every time you smoke, you do more damage to your body. Find other ways to relieve stress (exercise, pets, etc.) and *make a healthy change!*

- Smokers with diabetes are more likely to develop nerve damage (neuropathy) and kidney disease (nephropathy).
- Smoking increases your chances of permanent vision loss or blindness.
- Smoking increases muscle and joint pain.
- Smoking can cause impotence.
- Smokers with diabetes have more problems with dental disease, bleeding gums and ulcers.

Make a Healthy Change...



Become a non-smoker. In the United States, 44.8 million people have quit smoking for good (National Center for Health Statistics, 1998). In Rhode Island, 203,369 people have quit smoking for good. You can too!



Keep a positive attitude. Instead of telling yourself, "I can't quit" or "I need a cigarette," reinforce the positive by saying, "I'm becoming healthier," and "I'm improving the quality of my life."



Change your habits. Take a walk after meals. Try fruits, vegetables, or sugarless gum. Visit places where smoking is not allowed. Go walking, swimming or bicycling (*make sure you check with your doctor first*).



Share your commitment. Consider telling close family and friends about your decision to quit. Ask for their support whenever you feel the urge to smoke.



Make cigarettes history! Get rid of cigarettes, lighters, and matches. Have your teeth cleaned. Air out and wash the inside of your house and car. Wash your clothes. Make your car and home smoke free!

Become a Non-Smoker To Improve Your Health!